



DECEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mid-Shore) Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		To Contact a Breastfeeding Peer Counselor near you: Katie: (410) 829-8656 Tina: (410) 829-8655 [Spanish] Carol: (410) 829-8654 {Lactation consultant & Peer Counselor Coordinator} Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 (Maryland toll free)				1
2	3	4	5	6 Breastfeeding Support Group/Dorchester County, 11:00 am	7	8
9	10	11	12	13	14	15
16	17	18	19	20 Breastfeeding Support Group/Dorchester County, 11:00 am	21	22
23/30	24/31	25	26	27	28	29



JANUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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6	7	8	9	10	11	12
13	14	15	16	17 Breastfeeding Support Group/Dorchester County, 11:00 am	18	19
20	21	22	23	24	25	26
27	28	29	30	31	To Contact a Breastfeeding Peer Counselor near you: Katie: (410) 829-8656 Tina: (410) 829-8655 [Spanish] Carol: (410) 829-8654 {Lactation consultant & Peer Counselor Coordinator} Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 (Maryland toll free)	



FEBRUARY



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